

It's Up Time for America: This article was written to tell our fellow Americans how to behave. It's a really clever way to show you how to use idioms with "UP".

If you see injustice, STAND UP
If something needs to be said, SPEAK UP
If you make an appointment, SHOW UP
If you make a mistake, FESS UP
If you're overstepping, BACK UP
If you get behind, CATCH UP
If they knock you down, GET UP
If you're out of line, STRAIGHTEN UP
When you're running behind, KEEP UP
When your elders speak, LISTEN UP
When your teachers teach, SIT UP
When your preachers preach, WAKE UP
When your country calls, MAN UP
Ladies too... WOMAN UP
When the fight is over, MAKE UP
If you're being hard, EASE UP
If your heart is closed, OPEN UP
If you want to buy something, SAVE UP.
It's not an entitlement, so SHUT UP!
If you make a mess, CLEAN IT UP
If you drop trash, PICK IT UP
If a car is waiting for you to walk across the street, SPEED IT UP
If you've tried and failed, don't GIVE UP.
If people fall down, HELP THEM UP.
Not the government, YOU STEP UP.
If idiots start fighting, BREAK IT UP
If the music is beautiful, TURN IT UP
If the food is poisonous, THROW IT UP
If your words encourage, KEEP IT UP
If your pants are baggy, PULL THEM UP
If the belt's too loose, CINCH IT UP
If your fly is down, ZIP IT UP
If your boobs are showing, COVER IT UP
If you can't afford stuff, PASS IT UP
No "bailouts" folks, PONY UP
If you made a promise, you BACK IT UP
And you can take your whining and PACK IT UP

It's called personal responsibility, so TAKE IT UP
This country was founded on it, you can LOOK IT UP
It's the American way people, so TURN IT UP
Because when life gets boring, you SHAKE IT UP
When life is good, you SOAK IT UP
When life's unfair, you SUCK IT UP
When life is funny, you can YUCK IT UP
When life is sad, just LOOK UP.
And life's too short people, so LIVE IT UP!

Discussion:

1. The idea behind the sentences above is that Americans are by nature optimistic and not a people to sit around and whine. This is how Americans like to think of ourselves anyway. There is a saying which we like that says, "If life gives you lemons, make lemonade." Of course, not all Americans are optimistic or go-getters. Many people whine about their lives or look to others to fix things. Does your country have a national personality, even a stereotypical one? For example, Americans think all Asian women are beautiful and all Asians are great at math, all French can cook, all Italians know how to dress, all Saudis are rich oilmen. Discuss some stereotypes about your country.

2. Most people are very proud of their country. We identify ourselves by our nationality. For example, we say, "I'm an American", or "I'm Brazilian". Do you identify yourself more by your nationality or by your religion? Americans are bad about lumping people of one religion together. Some people think Muslim nations all alike. Yet, of course, that is totally false. Have you ever run into this thinking? How is your nation different than another nation with the same religion?

3. What is something you would like everyone to know about your country?